

Mental Health Care *for* People Living With or Affected by HIV / AIDS:

A PRACTICAL GUIDE—1999

TABLE OF CONTENTS

Preamble.....	1
Principles of Care	5
Introduction.....	9
EPIDEMIOLOGICAL TRENDS	10
STIGMA	11
MULTICULTURAL SENSITIVITY	12
A SPECIALIZED BIOPSYCHOSOCIAL APPROACH TO CARE	12

CREATING PROGRAMS

Chapter 1: Establishing Services.....	17
DETERMINING THE NEED FOR SERVICES	18
DESIGNING A RESPONSIVE PROGRAM	19
SELECTING THE SERVICE MODEL	20
DETERMINING THE FEASIBILITY OF THE PROGRAM	24
IMPLEMENTING THE PROGRAM	26
SUSTAINING THE PROGRAM	28

Chapter 2: Collaborative Networks.....	29
WHAT A COLLABORATIVE NETWORK MAY LOOK LIKE	31
DEVELOPING, MAINTAINING, AND EVALUATING NETWORKS	34

Chapter 3: Staffing	35
STAFF COMPOSITION	36
STAFF CHARACTERISTICS	36
STAFF TRAINING	40
TRAINING INITIATIVES CONDUCTED BY DEMONSTRATION PROJECTS	41
SUPERVISION	43
SPECIAL STAFFING ISSUES	44

DELIVERING SERVICES

Chapter 4: Mental Health Services.....	49
ENTERING THE MENTAL HEALTH SYSTEM.....	50
SERVICES OFFERED	51
COMPLEMENTARY TREATMENTS	54
ENGAGING CLIENTS THROUGH OUTREACH.....	55
COORDINATION OF CARE.....	56
Chapter 5: Clinical Assessment.....	57
ÁREAS TO BE COVERED IN THE CLINICAL ASSESSMENT.....	58
CONDUCTING THE CLINICAL ASSESSMENT.....	62
CONNECTING THE CLINICAL ASSESSMENT WITH THE TREATMENT PLAN	63
ADDITIONAL CLINICAL ASSESSMENT TOOLS	64
Chapter 6: Psychiatric and Neurologic Conditions.....	67
DISORDERS ATTRIBUTED TO HIV IN THE BRAIN	69
DISORDERS DUE TO MEDICAL COMPLICATIONS OF HIV INFECTION	70
PSYCHIATRIC DISORDERS	71
SERIOUS MENTAL ILLNESS	74
Chapter 7: Case Management.....	75
CASE MANAGEMENT ACTIVITIES.....	76
CASE MANAGEMENT TREATMENT PHASES	78
CASE MANAGEMENT PROVIDERS AND SETTINGS	80
BUILDING A STRONG HELPING RELATIONSHIP.....	81
BARRIERS TO EFFECTIVE CASE MANAGEMENT	82
Chapter 8: Psychotherapy and Counseling	83
PROFESSIONAL INTERVENTIONS	84
GROUP INTERVENTIONS	86
PEER COUNSELING.....	88
Chapter 9: Counseling Themes and Clinical Considerations	89
SENSE OF SELF AND SELF-ESTEEM.....	91
PARENTING	91
FEAR	92
DISCLOSURE	92
SEXUAL ORIENTATION	93
LOSS OF LOVED ONES	93
ADHERENCE	94
LAZARUS SYNDROME	94
SPIRITUALITY.....	95
Chapter 10: Substance Abuse Treatment.....	97
TREATMENT APPROACHES	98
TREATMENT MODALITIES	99
RELAPSE PREVENTION.....	101
CLINICAL CONCERNs	102
PROGRAMMATIC CHALLENGES	104
BARRIERS	106

Chapter 11: Risk Reduction.....	107
FACTORS AND BEHAVIORS	108
IMPLEMENTING RISK REDUCTION ACTIVITIES	109
OTHER CONSIDERATIONS.....	110
Chapter 12: Permanency Planning.....	111
WHY PERMANENCY PLANNING IS IMPORTANT.....	114
THE PARTIES INVOLVED IN PERMANENCY PLANNING	115
BENEFITS OF INVOLVING FAMILIES	116
WHEN TO GET FAMILIES INVOLVED	117
LEGAL OPTIONS AVAILABLE TO PARENTS.....	118
Chapter 13: Psychosocial Rehabilitation.....	121
PSYCHOSOCIAL REHABILITATION PRINCIPLES	122
STAFF/CLIENT THERAPEUTIC RELATIONSHIP GOALS.....	122
PROGRAM OBJECTIVES.....	123
POTENTIAL BARRIERS	126
EVALUATING SERVICES AND PROGRAMS	
Chapter 14: Program Evaluation.....	129
DEFINITION OF PROGRAM EVALUATION	130
REASONS TO EVALUATE THE PROGRAM.....	131
IDENTIFYING THE PRIMARY USERS OF THE EVALUATION.....	132
DOING AN EVALUABILITY ASSESSMENT OF THE PROGRAM.....	133
FINDING A PROGRAM EVALUATOR	134
IDENTIFYING AND FRAMING EVALUATION QUESTIONS	137
IMPLEMENTING THE EVALUATION	142
ANALYZING AND INTERPRETING THE DATA.....	145
DISSEMINATING THE EVALUATION FINDINGS.....	146
REFERENCES & SUGGESTED READING	147
APPENDICES.....	159
APPENDIX A: THE 11 HIV/AIDS MENTAL HEALTH SERVICES DEMONSTRATION PROGRAM SITES.....	159
APPENDIX B: SAMPLE PROCESS RECORDING OUTLINE	161
APPENDIX C: CHICAGO PROJECT PSYCHOSOCIAL ASSESSMENT SCREENING TOOL	165
APPENDIX D: THE MENTAL HEALTH SPECTRUM CLINICAL DIAGNOSTIC ASSESSMENT	168
APPENDIX E: ALEXANDRIA PROJECT ASSESSMENT TOOLS	174
APPENDIX F: SAMPLE CONSULTANT AGREEMENT FOR SERVICES	187
APPENDIX G: CHICAGO PROJECT LOGIC MODEL	189
APPENDIX H: WRITTEN PROCEDURES FOR STAFF ADMINISTERING SERVICE ENCOUNTER RECORD.....	190
APPENDIX I: LIST OF AUTHORS.....	195

